

Recipe Name: Homemade Easy Gulab Jamun Recipe -
Delicious & Tasty

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Milk Powder	40
• 120 grams All Purpose Flour (Maida)	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 1/4 teaspoon Baking soda	
• 200 ml Fresh cream	
• 2 tablespoons Ghee	
• Sunflower Oil - for deep frying	
• 400 grams Sugar	
• 600 ml Water	
• 2 tablespoons Rose water	
• 1/4 teaspoon Saffron strands	

Preparation

- Preheat the oil for deep frying.
- The Gulab Jamun mixture will be a little sticky and this is the nature of it, as the milk powder has sweet which will cause this.
- Grease your fingers with oil and start shaping the Gulab Jamuns into tiny balls little larger than an Indian gooseberry / amla.
- Slide the Gulab Jamuns into the pre heated oil and deep fry on medium heat until all the jamuns are fried until golden brown.
- It will take close to 5 minutes to fry a batch of jamuns over medium heat.
- Once fried strain them into kitchen paper towels and keep aside.



- Parallely, into a large wide bowl heat the water and sugar.
- Allow the sugar to dissolve completely.
- Once the sugar dissolves, add the rose water and a large pinch of saffron.
- Give the Gulab Jal water a brisk boil for about 2 to 3 minutes and turn off the heat.
- Add the fried Gulab Jamuns into the hot gulab jal water and allow it to soak for about 2 hours.
- The Gulab Jamuns will expand and soak in the water and fluff up.
- So ensure you keep some room in the gulab jal water bowl for this expansion.

- Cover the pan while the gulab jamun us soaking so it becomes soft.
- Half way through the soaking process, turn the Gulab Jamuns around so all the sides get evenly soaked.
- Once soaked, the Gulab Jamuns are ready to be served.
- Serve the Gulab Jamuns hot or cold as a dessert after a delicious meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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